IN THE CLAIMS:

This listing of claims replaces any and all prior claim lists.

Listing of Claims:

1-28. *(Cancelled)*

29. *(Currently amended)* A method of enhancing blood antioxidant activity in a subject comprising ingesting by said subject at least one composition in at least one form selected from the group consisting of a juice, powder, granule, tablet, or capsule, said composition comprising an effective amount of broccoli, cabbage, spinach, parsley, komatsuna (*Brassica rapa L.*), Japanese radish leaves, lettuce, and celery, wherein the composition comprises, as a percentage of the total weight of vegetables, about 5-30 wt.% of broccoli, about 15-35 wt.% of cabbage, about 0.1 – 20 wt.% of spinach, about 0.01 – 10 wt.% of parsley, about 0.01-10 wt.% of Japanese radish leaves, about 10-25 wt.% of lettuce, and 1-25 wt.% of celery, calculated as the weight percent of the vegetables when raw.

30. (Canceled)

31. (Currently amended, withdrawn) ~~An air activating device according~~ The method according to claim **29**, wherein the composition contains green-yellow, vegetable-derived substances and light-colored, vegetable-derived substances, the weight ratio of the green-yellow, vegetable derived substances and the light-colored, vegetable-derived substance being 1:1-1:3, and the green-yellow, vegetable-derived substances consisting of broccoli, spinach, Japanese radish leaves and parsley, and the light-colored, vegetable-derived substance consisting of lettuce, cabbage, and celery.

32.   (Previously presented) The method according to claim **29**, wherein said composition further comprises astaxanthin.

33.   (Withdrawn) A method of suppressing or lowering thiobarbituric acid reaction substances in a subject comprising ingesting, by said subject, at least one composition in at least one form selected from the group consisting of a juice, powder, granule, tablet, or capsule, said composition comprising an effective amount of broccoli, cabbage, spinach, parsley, komatsuna (*Brassica rapa L.*), Japanese radish leaves, lettuce, and celery.